



WEEKLY CLUB BULLETIN

SWARNPATH

ROTARY CLUB OF SONEPAT

PANKAJ SETH
President

ASHISH GHOSH
District Governor

JOHN KENNY
RI President

SUMEET ALAKH
Secretary



॥ परम् एकाग्रताः ॥

Ultimate Focus on Services



Rotary Club of Sonapat

RI District. 3010



Chartered 22.03.1957

www.rotarysonapat.org

Meeting Every Friday at 8.30 pm.
Palki Banquet, Delhi Road, Sonapat

2009-10

For Private Circulation Only



CLUB ID 15396

President : Rtn. Pankaj Seth

R.I. President : Rtn. John Kenny

Dist. Governor : Rtn. Ashish Ghosh

Secretary : Rtn. Sumeet Alakh

Bulletin No. **11**/09-10

9th Sept., 2009

NEXT MEETING



TAARE ZAMEEN PAR CREATIVITY CONTEST FOR ANNETS

On the Spot Drawing & Painting/ Card Making / Collage /Rangoli.

Day:	Saturday
Date:	12 TH September, 2009
Registration of annets	7.00 PM onwards
Competition Timing:	7.30 PM - 8.30 PM
Competition Evaluation:	8.30 PM - 9.00 PM
Prize Distribution:	9.00 PM onwards
Dinner	9.30 PM
Age Groups:	Creative Drawing
4 - 7	Card Making / Drawing
7 - 10	Drawing & Painting
10+ - 13	(using your own creativity & material)
13 + onwards	Collage Making
	On Topic-
	-Bollywood
	-Rotary in Life
	-Our State - Haryana
	OR
	RANGOLI
Venue:	Palki Banquet, Sonapat
Meet Chairpersons:	Rty'ne Gursharan Kaur Rty'ne Meghna Sachdeva
Judge for Evaluation of Contest	Mr. Kuldeep Singh, Owner of Little Art Studio

Rules & Regulations:

1. Drawing & Card Making themes to be announced on the spot for age group 7 onwards. 4-7 can plan their creativity themselves.
2. Collage making material to be arranged by the participants on the topics given above.
3. Paper for drawing and Card making will be of A3 size and will be provided by the Club at the venue. Four basic Rangoli colours will also be provided at the venue.
4. Drawing board, colours & paints and other material required as per creativity have to be arranged by participants themselves.
5. Names, Age and Father's Name to be written on the back of paper.
6. There will be **3 prizes in each category**.
7. **All annets participating will be given Participation Certificate.**

For details and Registration, contact:

Rty'ne Gursharan Kaur

Mob.: 92530-29300

Res.: 2235755

Rty'ne Meghna Sachdeva

Mob.: 98124 45323

LAST MEETING

TEACHER'S DAY CELEBRATION

'Teacher's Day Celebration' was the agenda of our last meeting, held on 5th September, 2009 at Palki Banquet, Delhi Road, Sonapat. The Chief Guest of the meeting was **Mrs. Ranjoo Mann, Pro Co-Chairman, Delhi Public School, Sonapat.**

Fourteen Outstanding Teachers of various schools of Sonapat were honoured in the meeting. The meeting started well on time and **President Rtn. Pankaj Seth** after welcoming the Chief Guest and honoured guests i.e teachers handed over the proceedings to **Rtn. Naresh Devgan**, who conducted the further proceedings. **Rty'ne Tesu Alakh** presented a bouquet of flowers to the Chief Guest on behalf of the Club.

After this all the fourteen teachers from all the 14 prestigious schools were honoured.



After the teachers were honoured, it was the turn of the Chief Guest to address the audience. The Chief Guest was introduced to the audience by **Rty'ne Shweta Batra** in an impressive style. The Chief Guest in her brief but meaningful speech reminded the teachers their role and responsibility in the changing world. She also took notice of the contents of a **brief speech by PDG Rtn. S.P. Sachdeva**, which preceded the speech of the Chief Guest, and clarified that we have to change according to the circum-stances. She had also few words of **ADVICE** for the parents. The speech of the Chief Guest was listened with apt attention.

After the speech, a **memento** on behalf of the Club was presented **to the Chief Guest by Rtn. Aashish Arya**, a leading educationist and recipient of **Chief Minister's Award** for excellence in providing quality education in Sonapat.

The best moments of the meeting arrived when **Rtn.Sanjay Suri** was invited for '**Expression of Thanks**'. Rtn.Sanjay Suri thanked the Chief Guest and other honoured guests in very few words but had a great idea of thanking all present on the occasion. He presented **Annet SARANSH SURI**, his rising son **aged 5 years** to complete the task of thanking the GURUS (Teachers) in a befitting manner. The dialogue delivery and the contents of the **THANKS SPEECH** by our **dear Annet SARANSH** were most appropriate for the occasion. Everybody applauded this young rising star for his wonderful action.

After the 'Expression of Thanks', the meeting was adjourned by the President and a rich fellowship was enjoyed over dinner.





PRESIDENT'S COLUMN

Dear Rotarians,

5th September - Teacher's Day celebration meeting was really a satisfying day - specially felicitating Teachers of our Society. It was really great to felicitate the good teachers of our society. While preparation for the Teacher's Day I came across one of the articles of Dr. Abdul Kalam, which he wrote about his teachers that influenced his life, when he was President of India. Article was very long so I thought to brief it for this column as I found it very very motivating for students as well as teachers and one's life.

Dr. APJ wrote that his life was influenced by three teachers. **First teacher** was his father, when he was very small; his father won the election of Panchayat. Some one visited their house to give a gift to his father, as his father was not there, the son APJ Abdul Kalam received the gift and when his father came back home, he opened the gift and found beautiful dhoti & clothes. It was a day the son got a beating from his father and then the father consoled his son and told him that he should not take any gift without his permission. He quoted an Islamic Hidaith which states that **"When the Almighty appoints a person to a position, he takes care of his provision and if a person takes anything beyond that, it's an illegal gain."** **Father also told the son that the gift is always accompanied by some purpose and the gift is a dangerous thing. Accepting gifts always places the acceptor under an obligation in favour of the person who gave the gift and ultimately it results in making a person to do things which are not permitted according to law.**

Dr. APJ Abdul Kalam remembers his **Second Teacher** Siva Subramania Iyar, as a very good and caring teacher whose main emphasis was to make the concept understandable to a student's mind. One day the teacher made a bird's diagram on the blackboard and taught the students about the bird's flight. The bird's diagram depicted wings, tail, its body structure with head, it explained how birds create the lift and fly, how they change directions while flying. The teacher explained for about 25 minutes but no one understood the subject. **To make the thing interesting**, the teacher then took the students to the seashore. **The teacher showed the students how birds fly in the formation of 10, 20's, how they flap the wings to take lift.** He asked us to look at the tail portion with the combination of flapping wings and twisting tails. Students noticed it carefully and within 15 minutes got the whole lesson understood. This teacher was a **great teacher, he could give the theoretical lesson coupled with the live practical example.** This is a real teaching. This bird's flight got inside Dr. APJ Kalam's mind and so he decided to choose aeronautics as his career.

Third Teacher to influence Dr. APJ Abdul Kalam's life was Prof. Satish Dhawan. When Dr. Kalam had a problem in one of his subjects, he approached Prof. Dhawan for the problem and Prof. Dhawan asked him to come tomorrow after reading some books concerning the topic. The next day when Dr. Kalam reached the laboratory, Prof. Dhawan was ready with the subject and he had planned the method to teach the subject to Dr. Kalam about contra-rotating propellers for Hovercraft. Before commencing any new topic, Prof. Dhawan would ask critical questions to the students to assess their knowledge on the subject. **Prof. Dhawan also used to prepare himself for teaching with meticulous planning and prepares the student for acquisition of knowledge.** This design of the Hovercraft was the first design of his career and Dr. APJ Kalam was the first Pilot of such Hovercraft, which he could control and move to any direction he wanted.

The three teachers in Dr. APJ Abdul Kalam's life had convinced that any enlightened human being can be created by three unique characteristics. One is moral value system, that he got from his father the hard way. Second, the teacher becoming the role model. Not only does the student learn, but the teacher shapes his life with great dreams and aims. Finally, **the education and learning process has to culminate in the creation of professional capabilities leading to confidence and will-power to make a design, to make a product, to make a system, bravely combating many problems.** What a fortunate Dr. APJ Abdul Kalam was to get all from his teacher.

Dear Rotarians, among the readers, there may be many parents, many teachers and students. Every one of us in this planet creates a page in human history irrespective of who he is. Dr. APJ Abdul Kalam's experience might be a small dot in human life, but that dot has a life & light and let this light lightens many lamps.

RTN. PANKAJ SETH

LITERACY DRIVE LAUNCHED: -ROTARY SCHOLARSHIP SOCIETY

As already announced on our Installation Ceremony, this year, our club plans to help financially **minimum 100 Girls students** to continue their studies, with an amount of **Rs. One lac**. The auspicious beginning of this DRIVE was made on Tuesday, the 8th September, 2009 when an amount of **Rs. 37,000/-** was provided to **37 students** of Arya Girls High School and Ramjas Senior Secondary School, Sonapat. The noble beginning was made with the full financial assistance provided to club by **MOHKAM CHAND BALI CHARITABLE TRUST (a trust owned and run by the family of Rtn.Sanjeev Bali)**. Rtn. Sanjeev Bali has further assured us that 12 students selected out of 37 students, who are studying in IXth Std. Will continue to get this assistance till they complete 12th Std. ***We appreciate this gesture and place our appreciation on record.***

You Too Can **All the members are once again informed that a PRESIDENT'S CHARITY BOX for LITERACY is kept in our every meeting and you can put your financial contribution in it whenever you feel like and help the needy students.**

The Seven Habits of Highly Effective Rotarians

Compiled by PP Rtn. Vikram Chaudhary

(The following was written by Dr. Jagdish Bhatt of Rotary Club of Bombay Airport, Mumbai India for ROTI (Rotarians on Internet). Dr. Jagdish has passed away, but gave permission for it to be published in any Rotary work.)

ATTENDANCE:-

They always make it a point to attend as many Rotary meetings of their clubs and also of other clubs, as is possible. They are aware that attending Rotary meetings is a very important part of being a Rotarian. They do not miss any chance to attend such meetings. They also attend meetings of various committees of which they are members and even some others if they are invited. They are keen to attend various district functions and all projects of their club. They are proud to attend the district assembly and the district conference every year. They would try to attend the Rotary convention at least once in five years.

FELLOWSHIP:-

They enjoy meeting other Rotarians. They often feel that in some of the Rotary functions meeting and exchanging greetings with others is often as important as actual transactions of the meeting. They go out of their way to talk to those whom they do not know. They go by the dictum that a stranger is a friend whom you have not yet met. Even outside Rotary they enjoy meeting people and getting aquatinted with them. At large gatherings of Rotarians they try to meet members from other clubs, rather than fraternizing with members of their own club.

VOCATION:-

They have respect for every vocation. Vocation and classification are the basis of Rotary. They firmly believe that each vocation provides a cog in the wheel and each one has its own importance, however insignificant it may appear by itself in comparison with others. They firmly subscribe to the view that each person should try to excel in whatever he is doing and try to help others to reach a higher level of efficiency in their work.

DISCIPLINE:-

They believe that no useful work can be achieved in a productive manner without discipline, both within and outside. They appreciate the value of self-discipline because they are aware that like charity, discipline begins at home. Not only do they practice discipline but will also enforce it when needed.

TIME, MONEY AND ENERGY:-

They know that they are in Rotary for a purpose. They fully realize that they have to earmark a certain amount of time, money and energy for Rotary as a part of being a Rotarian. They also realize that they are members of a society where all these three items are to be shared for their vocation, family and the community. They see to it that a proper balance is maintained while rationing out these commodities.

EMPATHY:-

They put themselves in the position of the other person, especially if the other person is in difficulty. They know that mere sympathy is never enough. They feel the pain and experience difficulties of others themselves. They also understand that what they are doing for the community is merely returning a very small part of what they have received from it. They know that it is only human to expect some kind of recognition for what they are doing but do not hanker after getting credit for it.

IMAGE OF ROTARY:-

There may be moments when they feel that all is not right with Rotary. They may feel that there is 'politics' in Rotary. They know that there are some elements in Rotary who should not be there. They, however, look at the good aspects of Rotary. In public and outside Rotary, they always make it a point to project the best face of Rotary. They would not like to let the public image of Rotary get tarnished.

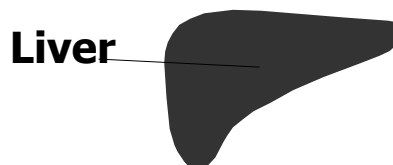
LIVER -Be Good to Your Liver

The main causes of liver damage are:

*Sleeping too late and waking up too late are the main cause.

- Not urinating in the morning.
- Too much eating.
- Skipping breakfast.
- Consuming too much medication.
- Consuming too much preservatives, additives, food colouring, and artificial sweetener.
- Consuming unhealthy cooking oil. As much as possible reduce cooking oil use when frying, which includes even the best cooking oils like olive oil. Do not consume fried foods when you are tired, except if the body is very fit.
- Consuming overly done foods also add to the burden of liver. Veggies should be eaten raw or cooked 3-5 parts. Fried veggies should be finished in one sitting, do not store. We should prevent this without necessarily spending more. We just have to adopt a good daily lifestyle and eating habits.

Maintaining good eating habits and time condition are very important for our bodies to absorb and get rid of unnecessary chemicals according to "schedule."



Because:

Evening at 9 - 11pm : is the time for eliminating unnecessary toxic chemicals (de-toxification) from the antibody system (lymph nodes). This time duration should be spent by relaxing or listening to music. If during this time one is still in an unrelaxed state such as socializing, drinking, eating out, this will have a negative impact on health.

Evening at 11pm - 1am : is the de-toxification process in the liver, and ideally should be done in a deep sleep state.

Early morning 1 - 3am : de-toxification process in the gall, also ideally done in a deep sleep state.

Early morning 3 - 5am : de-toxification in the lungs. Therefore there will sometimes be a severe cough for cough sufferers during this time. Since the de-toxification process had reached the respiratory tract, there is no need to take cough medicine so as not to interfere with toxin removal process.

Page 1/2

Morning 5 - 7am : de-toxification in the colon, you should empty your bowel.

Morning 7 - 9am : absorption of nutrients in the small intestine, you should be having breakfast at this time.

Breakfast should be earlier, before 6:30am, for those who are sick. Breakfast before 7:30am is very beneficial to those wanting to stay fit. Those who always skip breakfast, they should change their habits, and it is still better to eat breakfast late until 9 -10am rather than no meal at all.

Sleeping so late and waking up too late will disrupt the process of removing unnecessary chemicals.

Aside from that, midnight to 4am is the time when the bone marrow produces blood . Therefore, have a good sleep and don't sleep late.

Some Failures of Life

- Einstein was 4 years old before he could speak.
- Isaac Newton did poorly in grade school and was considered "unpromising."
- When Thomas Edison was a youngster, his teacher told him he was too stupid to learn anything. He was counselled to go into a field where he might succeed by virtue of his pleasant personality.
- F.W. Woolworth got a job in a dry goods store when he was 21, but his boss would not permit him to wait on customers because he "didn't have enough sense to close a sale."
- Michael Jordan was cut from his high school basketball team.
- Bob Cousy, a legendary Boston Celtic basketball player, suffered the same fate, but he too is a Hall of Famer.
- A newspaper editor fired Walt Disney because he "lacked imagination and had no original ideas."
- Winston Churchill failed 6th grade and had to repeat it because he did not complete the tests that were required for promotion.
- Babe Ruth struck out 1,300 times, a major league record.

HEALTH TIPS

Understanding the mystery of Hiccups.

Hiccups are those irritating little contractions of your abdominal muscles. The muscles are trying to crush some unwelcome air bubbles that invaded your stomach. Think about it, they always occur after you haven't eaten for a while, your mouth is watering, so you grab a bite of food, then unfortunately you begin to hiccup. Some people are lucky they can just belch. How can you help your belly muscles destroy those pesky air bubble invaders? Well, here is all you have to do: Place one or two teaspoons of plain sugar in your mouth, swallowing as the sugar dissolves, a sip or two of water is permissible only after you have swallowed the dissolved sugar. In less than two or three minutes, your belly muscles will win the battle, no more hiccups, and please begin eating on a regular schedule. CAUTION: If your physician has told you to stay away from sugar, then do not use this hiccup curing process. This is only for those hiccupped who can tolerate the consumption of sugar.

INTERACTIVE TIPS

Jealousy

As you are growing up try not to suppress any feelings of envy that you have. If suppressed, these feelings of jealousy will continue to grow within you. Envyng what others possess is a waste of your time. Jealousy is a destructive emotion that will only grow stronger unless you do something about it. Deal with the emotion and stop it before it begins to fester

Mosquitoes Repellent

Rubbing a handful of fresh basil leaves on your skin should protect you from mosquitoes for a few hours. The herb does not contain hazardous chemicals and is less likely to cause skin irritations than the synthetic bug sprays.

GARDENING TIPS- By Rtn Atul Jain

Drip Irrigation

Here's a new method for watering the garden that will save water and give your plants a better soak. Drip irrigation uses tubes that slowly 'drip' water into the ground. Less water is lost to evaporation (as compared to using a sprinkler or hose) and the slow drip prevents the soil from being waterlogged and instead loosens the soil allowing it to hold even more water. This results in a healthier soil and greater crop productivity. Plus it uses less water than any conventional watering method which makes it great even in dry climates.

Laughter – The Best Medicine

TWO STATUES

In a city park stood two statues, one female and the other male. These two statues faced each other for many years.

Early one morning, an angel appeared before the statues and said, "Since the two of you have been exemplary statues and have brought enjoyment to many people, I am giving you your greatest wish. I hereby give you the gift of life. You have 30 minutes to do whatever you desire."

And with that command, the statues came to life, smiled at each other, ran toward some nearby woods and dove behind a couple of bushes.

The angel smiled to himself as he listened to the two statues giggling, bushes rustling and twigs snapping. After 15 minutes, the two statues emerged from the bushes, satisfied and smiling. Puzzled, the angel looked at his watch and asked the statues, "You still have 15 minutes. Would you like to continue?"

The male statue looked at the female and asked, "Do you want to do it again?"

Smiling, the female statue said, "Sure. But this time you hold the pigeon down and I'll crap on its head."



Greetings



SWARNPATH wishes the following a HAPPY BIRTHDAY	
Rtn. Surinder Bahl	11 Sept.
Rtn. Vandana Jain	11 Sept.
Rtn. I.D. Dembla	16 Sept.
Rty'ne Meghna Sachdeva W/o Rtn. Gautam Sachdeva	11 Sept.
Annet Aman Chaudhary S/o Rtn. Ajay Chaudhary	1 Sept.
Annet Prateek Ahuja S/o Rtn. Naresh Ahuja	6 Sept.
Annet Viveka S/o Rtn. Sanjiv Batra	12 Sept.
Annet Vaibhav S/o Rtn. Rishi Garg	13 Sept.
Annet Ambuj S/o Rtn. Sandeep Girdhar	14 Sept.
Annet Rohit S/o Rtn. Rajnish Bhagat	16 Sept.

SWARNPATH extends Best Wishes for happy wedded life.	
Rty'ne Lalita Mukhija & Rtn. R.P. Mukhija	13 Sept.

QUOTED Quotes

There are no secrets to success. It is the result of preparation, hard work, learning from failure.

Colin Powell

RTN. RAJEEV GARG
WEBMASTER

PP RTN. VIJAY MEHTA
EDITOR